Avamys® Nasal Spray meets allergic rhinitis

Approved indication
Avamys® Nasal Spray contains fluticasone furoate, an enhanced potency corticosteroid. It has been approved for the treatment of symptoms associated with seasonal and perennial allergic rhinitis in adults and children over the age of 2 years. Avamys® is the only intranasal corticosteroid indicated in the treatment of nasal symptoms (rhinorrhea, nasal congestion, nasal itching and sneezing) as well as ocular symptoms (itching/burning, tearing/watering and redness of the eye) of seasonal allergic rhinitis in adults and adolescents 12 years of age and older.

Mode of action
Intranasal corticosteroids inhibit a range of inflammatory processes mediating nasal symptoms and have consistently been shown to be effective in the treatment of nasal congestion. Until recently, however, efficacy against the ocular symptoms of allergic rhinitis has been inconsistent for the intranasal corticosteroids. Fluticasone furoate has potent anti-inflammatory activity and has shown consistent nasal and ocular efficacy across all seasonal allergic rhinitis trials.

Dosage
Avamys® Nasal Spray is delivered from a novel, side-actuated device.
- Adults and adolescents 12 years and over: Two sprays in each nostril once daily. Once adequate control has been achieved, maintenance therapy with one spray in each nostril once daily may be adequate.
- Children 2-11 years of age: One spray in each nostril once daily. The dose may be increased to two sprays in each nostril once daily, if necessary. The dose should be reduced to the lower dose once adequate symptom control is achieved.

Evidence of efficacy
- Intranasal corticosteroids are recommended as first-line therapy for patients with moderate to severe allergic rhinitis, particularly when nasal congestion is the prominent symptom.
- Fluticasone furoate is an aqueous suspension intranasal corticosteroid with an onset of action within 24 hours. It has been shown to consistently and significantly improve both the nasal and ocular symptoms of seasonal allergic rhinitis in adults and adolescents.
- Fluticasone furoate nasal spray has been shown to be more effective than oral fexofenadine and placebo for night-time symptoms of seasonal allergy.

Precautions
- General
Hypersensitivity to the active substance or to any of the excipients is a contra-indication for use. Exercise caution when transferring patients from systemic corticosteroid treatment to fluticasone furoate nasal spray, especially if there is any reason to assume that adrenal function is impaired.
- Pregnancy and lactation
Safety during pregnancy and lactation has not been established.

Major adverse effects
Although fluticasone furoate has potent anti-inflammatory activity, absolute bioavailability associated with intranasal administration is negligible (< 0.5%). Systemic adverse effects are therefore less likely to occur.
- Usual recommended doses of fluticasone furoate have not been associated with suppression of the HPA axis in adults or children.
- The most commonly reported adverse effects include epistaxis and headache.
- The nasal formulation was designed to reduce strong scent and odour and nasal irritation and uses a delivery system with a shorter nozzle and lower volume per actuation than previous systems.

Drug interactions
Fluticasone furoate is rapidly cleared by extensive first-pass metabolism mediated by cytochrome P450 3A4. Co-administration with ritonavir is not recommended, but enzyme induction and inhibition data suggest there is no theoretical basis for anticipating metabolic interactions between fluticasone furoate and the cytochrome P450 mediated metabolism of other compounds at clinically relevant intranasal doses.

Cost:
Avamys® Nasal Spray: R196.62
GlaxoSmithKline South Africa (Pty) Ltd

Patient information
Shake the nasal spray before use. Prime the device (approximately 6 sprays until a fine mist is seen) before using the nasal spray for the first time, if the cap has been left off for 5 days or more or if the nasal spray has not been used for 30 days or more. It may take several days of treatment to achieve maximum benefit.

Conclusion
Fluticasone furoate is characterised by its potent anti-inflammatory activity, rapid uptake and low systemic bioavailability. The nasal spray formulation has proven efficacy in treating both the nasal and ocular symptoms of seasonal allergic rhinitis in adults and adolescents. Safety and efficacy have been demonstrated in children from 2 years of age. The novel delivery device, once-daily administration and other sensory product attributes (i.e. lack of scent and odour) may improve patient acceptance.

References: